

Chairperson:Secretary:Louw PrinslooMaki MotsumiTel: 0845000093Tel: 0829659658

10 November 2025

### **TO: All PRINCIPALS/ATHLETIC ORGANISERS**

## MMED/XHARIEP DISTRICTS HIGH SCHOOLS ATHLETIC CHAMPIONSHIPS 21 FEBRUARY 2026

We kindly supply the following information:

- The meeting will be held on 21 February 2026. Please note that all the Race walk items will be held on 18 February 2026 at the Mangaung Stadium in the afternoon the viability of the Race-Walking items taking place on 18 February will be decided on 17 February 2026, taking the number of entries into account.
- 2. Venue: Mangaung Athletic Stadium, Bloemfontein
- 3. To participate in this meeting, an athlete must qualify at a Zonal meeting.
- 4. **REGISTRATION FEE: R50 PER ATHLETE.**

Each athlete pays the registration fee on entrance at the gate.

5. Admission for spectators: Adults: R50

Children: R40

- 6. After the zonal competition, your school's athletes will then be entered automatically. The schools will then receive a checklist with the names of the athletes who have qualified for the MMED/Xhariep Districts Championships. Each school is requested to review this list carefully for any errors regarding the spelling of names, age groups, and items. Corrections must be done on the checklist by hand, and the checklist must be returned to <a href="mailto:iobaentries@gmail.com">iobaentries@gmail.com</a> before 16 February 2026 at 12:00
- 7. Athletes participate under their school's name and in their school's official athletic attire. Athletes who are not dressed likewise and appropriately will not be allowed to participate.
- 8. The age groups are as follows for both boys and girls:



14-year age group: born in 2012 15-year age group: born in 2011 16-year age group: born in 2010 17-year age group: born in 2009

19-year age group: born in 2008, 2007

9. In the Ladybrand Zone, Thaba Nchu Zone and Botshabelo Zone take part in one meeting this year as Zone 3. The first EIGHT athletes in each item in all three Zones qualify for the MMED/Xhariep High Schools Championships.

In the relay events, only the first 4 teams in each relay proceed to the MMED/Xhariep High Schools Championships – this applies to all three Zones. (Each of the 3 Zones can therefore only enter 4 relay teams for the MMED/Xhariep Championships).

10. An athlete may participate in a maximum of THREE items and a relay. An athlete may only participate in ONE AGE GROUP, except in the relays, where an athlete may participate in a higher age group.

MEDALS: The first THREE athletes in each final must collect medals. No medals will be handed over **if proof of identification ON THE TEMPLATE PROVIDED is not presented. A clean template for use is included. Remember to stamp by the Commissioner of Oaths.** (No medals will be forwarded to athletes who fail to collect them.)

Each team manager must have a file available at the meeting that includes all the ID templates of the team members.

Please take note: This file must be handed in at FS Schools
Championships with the ID document of all participating athletes.

13. Affiliation: Reminder: NO AFFILIATION, NO PARTICIPATION

High Schools: R1 500

Combined and Intermediate Schools: R1 300

**Primary Schools: R700** 

A primary school that has athletes participating in both the high school and primary school levels must affiliate with both the primary school and the high school. **Farm schools** pay **no affiliation.** 



# AFFILIATION TO FREE STATE HIGH SCHOOLS' ATHLETICS ORGANISATION

The affiliation to Free State High Schools' Athletics organisations for 2026 is as follows

Schools	Affiliation to Free State High Schools	Division of Affiliation	
		FREE STATE	DISTRICTS
High Schools	R1 500	R700	R800
Intermediate and Combined	R1 300	R600	R700
Intermediate and Combined (If less than 20 Athletes)			R300
Primary Schools (More than 20 Athletes)	R700	R300	R400
Primary Schools (if less than 20 Athletes)			R300
Schools of Skills (L.S.E.N.)	Each District will handle this affiliation according to their own dynamics	Division of the Amount determined by each District must be done as follows:  = 70 % to Free State High Schools  = 30 % to Districts	
Farm Schools	No Affiliation	No Affiliation	No Affiliation

Private Schools will pay the same affiliation as High Schools.

Affiliation to MMED/Xhariep must be paid directly into the account of MMED/Xhariep:

Account details: First National Bank
Account name: Hoërskole Atletiek

Account number: 62219433399

Branch Code: 230534



## Please state very clearly (in any payment method) as reference the SCHOOL'S NAME.

Please email the evidence of payment to **conrayfly@gmail.com.** Affiliation must be paid before **23 January 2026.** 

If affiliation is not paid, a school will not be allowed to participate: NO AFFILIATION, NO PARTICIPATION.

- 14. The following concerns the Team Managers:
  Only 1 (ONE) Team Manager per school will be allowed free entrance on the day of the competition. If a school, however, has more than 20 athletes, 2(TWO) Team Managers will be allowed free entrance. NO MEALS will be provided for team managers, as this is the school's responsibility.
- 15. **OFFICIALS**: Names of officials must reach <a href="mailto:1953danie@gmail.com">1953danie@gmail.com</a> (please cc taylordenise0511@gmail.com) not later than 9 **February 2026 at 14:00. ANNEXURE A** for this purpose is included on the **last page** of this document. **IMPORTANT:** 
  - If a school has 10-20 athletes participating, it is expected of the school to supply at least ONE (1) official.
  - If a school has 21-40 athletes participating, it is expected of the school to supply at least TWO (2) officials.
  - For more than 40 athletes, we expect the school to supply at least THREE (3) officials.
  - Officials will be notified of their placement on the official list.
  - No officials (according to the guidelines), no participation.
- 16. In the MMED (Mangaung Metro), combined with the Xhariep district qualifying standards for the Free State High Schools Championships, which will be held in Bloemfontein on 6/7 March 2026, are as follows: MMED:
  - The first 3 athletes in track events up to 400m,
  - The first 4 athletes in track events from 800m upwards and
  - In all field events, the first 4 athletes.
  - The first 3 relay teams in each final will qualify

**Xhariep: First 2 athletes in all items.** 



- 17. Athletes must report to the district team manager during the Free State Schools Championships if they are not available for selection for the Free State team.
- 18. A call room will be in full operation, and the following applies:

### **ATHLETES CONTROL CENTRE**

The call room for the athletes will be **situated at the warm-up area** area. All athletes must report to the call room. If an athlete is entered in both track and field **events**, **which take place simultaneously**, the Team Manager must report this at the Control Room at least 45 minutes before the start of the first event, as well as to the officials involved in the events. **ALL WARM-UP ACTIVITIES MUST TAKE PLACE IN THE WARM-UP AREA – NO WARM-UP ON THE TRACK - STARTING BLOCKS will be provided on the track.** 

When the control has been completed, an **official will accompany the athletes to their events.** Only athletes, official team managers, and coaches will be allowed in the call room (i.e., no parents, etc.)

#### Athletes' call-out times will be as follows:

Event	Call Room	Entry onto the field
Field Events	45 minutes before the	25 minutes before the
	starting time	starting time [except for
		Pole Vault]
Pole Vault	80 minutes before the	65 minutes before the
	starting time	starting time
Track Events	35 minutes before the	10 minutes before the
	starting time	starting time
Hurdles	35 minutes before the	15 minutes before the
	starting time	starting time

## 18. The meeting program is available at jobaentries.co.za.

(Note: All race walk items will be catered for on 18 February 2026 as indicated on the program.)

19. Only coaches and team managers are allowed in the warm-up area with their athletes, i.e., no parents



- 20. Each school is responsible for its own transport and accommodation. The committee will not take responsibility in this regard.
- 21. WA and ASA rules will apply.
- 22. Athletes of the University of the Free State's Athletic Club, as well as Senior athletes from other clubs, will also participate in the senior events at these championships. The senior events are only for the athletes of tertiary institutions or affiliated clubs, and no athlete from the schools may participate in the senior events.
- 23. A fixture list is attached.

We sincerely hope that you will enjoy the 2026 Athletic season.

Louw Prinsloo (Chairperson)

Maki Motsumi (Secretary)

## SEE OFFICIALS' ENTRY FORM ATTACHED BELOW



### **NOTE:** ATTACHMENT A for officials follows on the next page.

## OFFICIALS FOR MMED/XHARIEP DISTRICTS HIGH SCHOOLS ATHLETIC CHAMPIONSHIPS ON 21 FEBRUARY 2026

NAME OF SCHOOL:		
<u>CONTACT PERSON</u> :		
CELL(Contact Person):		
EMAIL (School/contact	<u>person</u> ):	
NAME AND	ITEM (preferred	CELLPHONE/EMAIL
SURNAME	events: name two)	,
Race Walk and 1	0 000 m: 18 February	2026: Starts at 15:00
	.0 000 m: 18 February	
Please enter the na	ames of officials who a	
Please enter the natimekeepers and tr	ames of officials who a ack judges:	re available as
Please enter the natimekeepers and trailing keeper: Name a	ames of officials who a rack judges: and Surname:	re available as
Please enter the natimekeepers and trailing keeper: Name a Time keeper: Name a	ames of officials who a rack judges: and Surname: and Surname:	re available as
Please enter the natimekeepers and track Time keeper: Name a Track Judge: Name a	ames of officials who a rack judges: and Surname: and Surname: and Surname:	re available as
Please enter the natimekeepers and track Judge: Name a Track Judge: Name a Track Judge: Name a	ames of officials who aleack judges: and Surname: and Surname: and Surname: and Surname:	re available as
Please enter the natimekeepers and track Judge: Name a Track Judge: Name a Track Judge: Name a	ames of officials who a rack judges: and Surname: and Surname: and Surname:	re available as
Please enter the natimekeepers and traine keeper: Name a Track Judge: Name a Track Judge: Name a	ames of officials who aleack judges: and Surname: and Surname: and Surname: and Surname:	re available as

Please forward this form to reach <a href="mailto:1953danie@gmail.com">1953danie@gmail.com</a> (please cc) on or before 9 FEBRUARY 2026 at 14:00.

#### **IMPORTANT:**

- If a school has 10-20 athletes participating, it is expected of the school to supply at least ONE (1) official.
- If a school has 21-40 athletes participating, it is expected of the school to supply at least TWO (2) officials.
- For more than 40 athletes, we expect the school to supply at least THREE (3) officials.
- Officials will be notified of their placement on the official list.

Signature: Principal	SCHOOL STAMP	
7   D a g a		